



# THE LEADER

Vol. 37, No. 47

Grand Forks Air Force Base, N.D. ♦ [www.grandforks.af.mil](http://www.grandforks.af.mil)

Nov. 29 2002



DEPLOYED OR HOME BASE OFFERS SOMETHING FOR EVERYONE

319th Air Refueling Wing ♦ Solano Trophy Winner ♦ Best Base in 15th Air Force

## Inside:

### Weekend weather

Today 26/18 mostly cloudy  
Saturday 22/15 flurries  
Sunday 25/16 mostly cloudy  
Monday 29/18 mostly cloudy



Weather information courtesy  
319th Operations Support Squadron weather flight

**One  
man's  
ordeal**

**Page 2**



**Native  
American  
pow-wow**

**Page 22**



**Base  
hockey  
team**

**Page 24**



# Al Qaeda, Taliban sympathizers strike U.S. camps

By Jim Garamone  
American Forces Press Service

WASHINGTON – Three United States camps in Afghanistan came under Taliban and/or al Qaeda fire Nov. 24. There were no U.S. casualties in any of the incidents.

In the first incident, the U.S. outpost at Gardez came under machine gun and rocket attack. The fire came from about 200 meters from the camp. U.S. personnel called for close-air support, but before the aircraft arrived the firing stopped.

In the second incident, the camp at Lwara came under rocket fire. Ten rockets impacted within the base confines. Nine of them carried white phosphorus. These weapons are particularly nasty because white phosphorus continues to burn until it disappears. If service members are hit by pieces of white phosphorus, it could burn right down to the bone.

The rockets started three fires in the camp that personnel quickly put out.

U.S. personnel called on close-air support and the stand-by quick reaction force. An Air Force A-10 Thunderbolt dropped a 500-pound bomb on the suspected launch site.

In the third incident, a rocket impacted at the U.S. base in Khowst. Two U.S. trucks were damaged. U.S. officials said the actions indicate the situation in the country is still dangerous.

# One man’s ordeal brings focus to mission

By Tech. Sgt. Mitch Gettle  
320th Air Expeditionary Wing  
public affairs

**OPERATION ENDURING FREEDOM** — An Air Force KC-135 Stratotanker crew evacuated a merchant mariner to a forward-deployed location for surgery after his leg was amputated in an accident while his ship was leaving port in the Arabian Gulf.

George Benson, 2nd mate on the USN Watson, was transported to the port city’s hospital after a messenger line caught his ankle and amputated his right leg. After medics gave him blood and stabilized him, they brought him to a field clinic for a forward-deployed U.S. base. From there, the KC-135 crew transported Benson to the 320th Expeditionary Medical Group’s hospital for immediate surgery.

“It had been more than six hours since the amputation when Mr. Benson arrived,” said Maj. (Dr.) James Keeney, 320th Expeditionary Medical Squadron orthopedic surgeon. “The main goal was to stop the bleeding and clean the wound to prevent infection.”

Even though the operation could not save his leg, it did aid in saving his life.

“This whole operation and the existence of such a place as this in a far off land, is the only thing that saved my life,” said Benson. “One of my wishes is that someday I could bring my family here to meet the people responsible for saving my life, but I know that may not be possible under these conditions.”

Benson sees everyone involved as heroes; not only those in the 320th Air Expeditionary Wing, but also the host nation, his crew mates, the crew and medics on the KC-135.

But, he mentions he almost did not make it here.

“I can tell you my first thought was I wanted to die, I told one of the crew to give me a gun so I can shoot myself,” said Benson. “But this group here, with their professionalism and outstanding care has influenced me to look at my life (differently), more (positively).”

Looking back to the first moments of the ordeal, Benson still had a presence of mind.

“I was lying in my own blood. I could see it, one-half inch deep, and I knew I was dead,” Benson said. “I radioed the captain to tell my wife and children that I will always love them.”

Benson has two very young boys and that thought hit home with him.

“I don’t know how I can support them at this time – playing catch or teaching them how to sail,” Benson said as tears welled his eyes. “But, I do know this, the people here have given me hope, told me about ways to overcome this, and I will.”

Hope and the everlasting will of someone to see something through to the end, George Benson has it and has shown it to the people here.

“He really touched us all with his remarkable strength in handling this situation,” said Keeney. “I think it was clear to members of our staff that there are more than uniformed members of the armed forces around the world making sacrifices for the freedoms we enjoy at home.”

To show their appreciation from the inspiration and courage Benson displayed,



Photo by Capt. Ernest Wearren

**George Benson smiles as he receives a 320th Air Expeditionary Wing coin from Col. Suzanne Hansen, 320th Expeditionary Medical Group commander at a forward-deployed location. Benson underwent surgery at the group's hospital after his leg was amputated in an accident aboard a U.S. Merchant Marine ship.**

the 320th EMEDS presented Benson a U.S. flag, which was flown over Afghanistan on Sept. 11, a certificate, a 320th EMEDS T-shirt and a wing coin.

“Sometimes, we wonder why we are here and what’s our purpose,” said Col. Suzanne Hansen, 320th EMDG commander, as she presented Benson the gifts. “We now know. We are here for you — you are our hero.” With a grin and as his eyes welled with tears, Benson quietly said, “Nah, I think you have that the other way around.”



## THE LEADER

This issue of *The Leader* informs readers about ways for making your holiday season less stressful.



Photo illustration by Staff Sgt. Scott T. Sturkol

**100%**

Air Refueling Effectiveness Rate from Nov. 17 through Nov. 24.

**27**

DWI-free days.  
The base gets a down day for 100 DWI-free days.

### Editorial staff

Col. Keye Sabol \_\_\_\_\_ Wing commander  
Capt. Patricia Lang \_\_\_\_\_ Chief, public affairs  
Staff Sgt. Scott Sturkol \_\_\_\_\_ Chief, internal information  
Senior Airman Monte Volk \_\_\_\_\_ Managing editor  
Staff Sgt. Randy Roughton \_\_\_\_\_ Staff writer

### Editorial policy

The Leader is published by the Grand Forks Herald, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 319th Air Refueling Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of The Leader are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense, or the Department of the Air Force.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by DOD, the Department of the Air Force, or the Grand Forks Herald of products or services advertised.

Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, martial status, physical handicap, political affiliation, or any other non-merit factor of the

purchaser, user, or patron.

### ◆Deadlines

Articles: Due by noon Thursday the week prior to publication. For any questions about submissions, call The Leader staff at 747-5019.

### ◆Contact information

E-mail: leader@grandforks.af.mil, Phone: 701.747.5023

### ◆Public Affairs

Editorial content is edited, prepared, and provided by the 319th ARW public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length.

### ◆Advertisements

Call the Grand Forks Herald at 701.780.1275 before noon Tuesday.

# Shoppette victimized by theft

By Staff Sgt. Randy Roughton  
Public affairs

At least 60 times in the past 18 months, customers have driven away from the base shoppette without paying for their gas.

While the loss doesn't affect gas prices, it does have an impact on base quality of life, shoppette manager Kim Mitchell said.

"A portion of our proceeds goes back to base morale, welfare and recreation programs," Mitchell said. "So these drive-offs are taking money away from the Grand Forks Air Force Base community."

A gas drive-off also can result in severe repercussions for the violator, if caught. Drive-offs are prosecuted like shoplifting incidents at the base exchange, Mitchell said. The shoppette refers all gas drive-offs to the 319th Security Forces Squadron. If the person caught and found guilty is a military member, the punishment could be forfeiture of pay, loss of rank, confinement or court-martial or bad conduct discharge for theft. They can also be barred from the base and Army and Air Force Exchange Service facilities from six months to a year.

In March, AAFES Civil Recovery Program took effect. Violators are now charged \$200 above the cost of the merchandise stolen.

AAFES now pursues the actual loss of the merchandise taken and a \$200 administrative cost on every shoplifting incident, said AAFES Grand Forks Air Force Base general manager Pat Fields said.

In shoplifting cases, if shoplifted merchandise is not returned to the store, or is returned but cannot be sold, AAFES will demand the full retail value of the merchandise. If it is recovered in damaged condition but still sal-

able, AAFES will demand the difference between the full retail value and the reduced sale value. The administrative cost will be \$200.

Under the program, military sponsors are responsible for their family members. A parent, guardian or other person having legal custody of a minor who commits the shoplifting offense will be liable to AAFES for the specified damages and costs.

The AAFES store manager is required to send two letters demanding money for damages. If the debt remains unpaid for 30 days, the store manager will then be required to notify the unit commander of the debt. The military sponsor's check-cashing and Military Star card privileges will also be suspended until the debt is paid.

The Civil Recovery Program is separate from any criminal prosecution or disciplinary action which can be taken.

AAFES personnel catch an average of 11,211 shoplifters each year, Fields said.

In the summer of 2001, the shoppette began mandating customers pay for their gas before pumping, with the exception of those paying with credit cards at the pumps. The number of drive-offs decreased dramatically, but it took another upward trend when the pre-pay policy was lifted during the winter because of frigid conditions. The shoppette is again considering the pre-pay policy, Mitchell said.

"These drive-offs not only affect business because they are a loss to us. They hurt everybody." If you have information about a gas drive-off or know someone who is doing this, notify security forces.

"If we can stop these drive-offs everyone will be a winner AAFES will reduce loss and MWR will regain dividends which will improve your quality of life programs that are funded with AAFES dividends," said Mitchell.

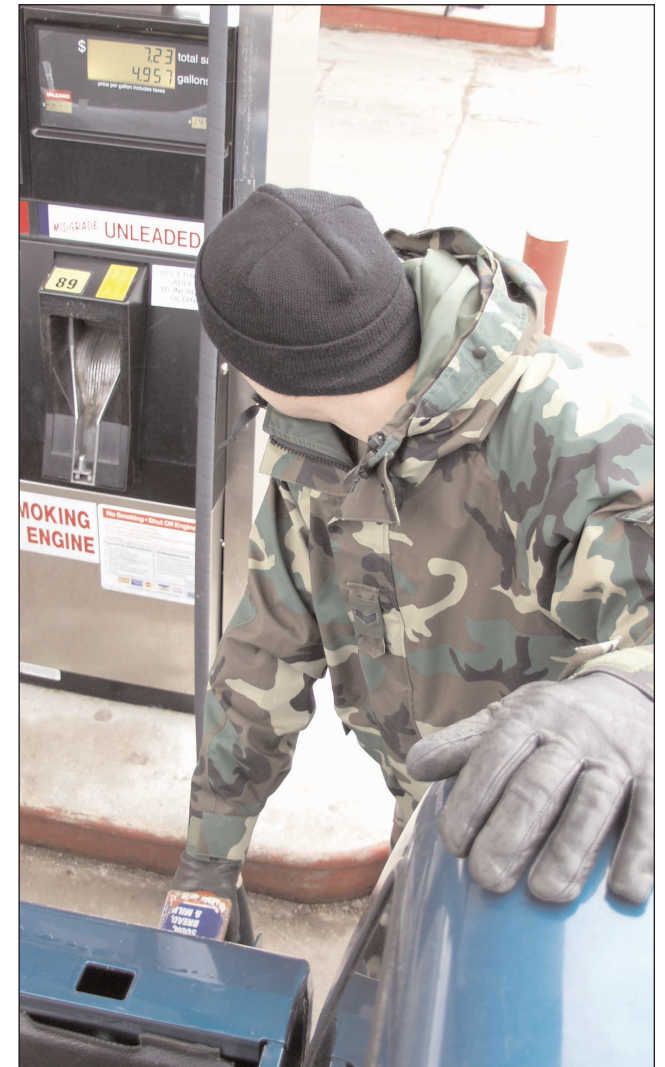


Photo by Staff Sgt. Scott Sturkol

The shoppette has reported 60 drive-offs, people filling gas then driving away without paying, in the past 18 months and is considering a pay before you fill policy.

It's **YOUR** Air Force

with your **IDEAS** we do things

**FASTER ♦ BETTER ♦ CHEAPER**



For the latest news on the IDEA program, the Grand Forks Air Force Base IDEA analyst.

**2nd Lt. Michael Marren**

**747-3255**



# Shoppers beware: Consumer Product Safety Commission offers latest product advisories, recalls

**By Senior Airman Monte Volk**  
Public affairs

It’s open shopping season. Wish lists are being written and most everyone is hunting for the greatest gifts at the best prices. But don’t let the deal of the holiday season blow up in someone’s face, literally.

The U.S. Consumer Product Safety Commission, an independent federal regulatory agency, is there to “ ... protect the public against unreasonable risks of injuries and deaths associated with consumer products.”

With fire being the second leading cause of accidental death in the home, education is a key to prevention.

“One key to fewer fires is a greater awareness of how accidents can be prevented,” said Master Sgt. Richard Lien, assistant fire chief. “By spotting these hazards and taking some simple precautions, many fires and fire-related injuries can be prevented.”

**Recently recalled items**

- ❑ JA-RU Inc., recalls 43,000 “Blast Balls” toys. *(Burn hazard)*
- ❑ Walgreen Co. recalls 50,500 Candeled glitter candles. *(Fire hazard)*
- ❑ Rose Art Industries Inc. recalls 124,400 Soap Making Kits. *(Burn hazard)*
- ❑ Estes Industries recalls 140,000 Air Powered Rockets. *(Hand lacerations)*
- ❑ Rose Art Industries Inc. recalls 188,000 cotton candy machines. *(Burn hazard)*
- ❑ Eveready Battery Co. Inc. recalls 24,000 Kidz Club flashlights, sold under its Energizer brand. *(Burn hazard)*

The Consumer Product Safety Commission, created by Congress in 1972, under the Consumer Product Safety Act, has targeted the principal consumer products associated with fires, namely home heating devices, upholstered furniture, bedding, cigarette lighters, matches and wearing apparel.

“As adults and parents, we need to ensure the products we buy are safe,” said Lien. “Most of us can see the obvious

risks, but if you’re unsure, do some research.”

The Commission continues to push for extensive use of smoke detectors. With the help of concerned consumers, the number of residential fires has declined about 30 percent since 1980.

According to the CPSC, it’s fulfilling its role to make products inherently more fire safe. It recognizes that much more can be done to cut down on the needlessly high

and tragic fire toll by an alert and informed public.

The Consumer Product Safety Commission has jurisdiction over 15,000 types of consumer products, from coffee makers and toys, to lawn mowers and fireworks.

“By using the resources we have available to us, we all can have a safe and happy holiday season,” said Lien.

The Consumer Product Safety Commission offers a toll-free hotline to report an unsafe product, report a product-related injury, find out whether a product has been recalled, learn how to return a recalled product or arrange for its repair, get information on what to look for when buying a consumer product and get information on how to use a consumer product safely.

The hotline staff is available from 8:30 a.m. to 5 p.m., Eastern time, Monday through Friday, at 1-800-638-CPSC (2772) or visit their website at [www.cpsc.gov](http://www.cpsc.gov) where all the same information can be accessed.



## Lighting of the menorah

Celebrate Chanukah. The official lighting of the base menorah to start Chanukah is today at sun down in from of the community activity center. For details on Chanukah, call the military equal opportunity office at 747-3199.

## Proposed relocation public notice

The base has proposed relocation of the base snow removal and protective coatings contractors to different areas on base.

An environmental assessment has been conducted and a “finding of no significant impact has been determined for the action.” Anyone who would like to view the support documents to this action should contact the 319th Air Refueling Wing Public Affairs Office within the next 30 days at 747-5015.

## Snow removal contractor

DSMI is the snow removal contractor. They are responsible of the streets and parking lots on the base side.

For details call 594-8985 or 747-3471.

## Postal agency sets holiday mailing dates, policies

**WASHINGTON** — The dates for mailing items to and from overseas locations in time for the holidays are fast approaching, and the recommended mail deadlines for sending mail from the U.S. to all overseas APO/FPO addressees for the holidays are:

**Space available mail:** Nov. 27

**Parcel Airlift Mail:** Wednesday

**First-class and Priority mail, letters and cards:** Dec. 11.

## AF committed to demobilizing Guard, Reserve airmen

**WASHINGTON** — The Air Force extended more than 14,000 Air National Guard and Air Force Reserve airmen into their second year of mobilization because of operations Enduring Freedom and Noble Eagle.

John C. Truesdell, deputy assistant secretary of the Air Force for reserve affairs, said major commands would be responsible for putting together plans for demobilization of their people.

These plans also address ways to shift more support for missions to the active duty forces, Truesdell said.

“The Air Force only wants to keep airmen mobilized just long enough for the active force to realign manpower and take other mitigating actions to meet the requirements created by the war against terror,” Truesdell said. “Hopefully, most extended airmen will only spend a portion of their second year mobilized. Unfortunately, there may be some who are required to spend the entire year mobilized.”

The service is working on several initiatives to expedite the demobilization of Guard and Reserve airmen and relieve active-duty manpower shortages.

Among these initiatives are attempts to reclassify certain nonmilitary essential jobs, especially in high-demand, low-density specialties, allowing them to be filled by civilian employees or contracted out to the commercial sector. Retraining efforts are being studied for their ability to fill critical positions with active duty, allowing even more Guard and Reserve airmen to be demobilized.

## Mouthguards for players

During the intramural basketball season, the base dental clinic would like to encourage all participating active duty personnel to stop by the dental clinic to pick up a free mouthguard.

Mouthguards are available for all active duty members participating in any contact sport. Family members of active duty members who need an athletic mouthguard should inquire about coverage for these items with their private dental providers, or contact the youth center at 747-3150.

For details call the base dental clinic at 747-5393.

## Tops-in-Blue tryouts

It’s time to try out for Tops-in-Blue 2003, the Air Force’s premier entertainment showcase.

People who believe they can contribute to the show using their talents as a singer, dancer, instrumentalist magician or actor, should stop by the community activity center where tapes can be made to send into the show’s producers. For details call Jim Bridges at 747-6104.

## TDY stamps

Effective Dec. 1, upon returning from a temporary duty military members will be required to obtain a “stamp” on your TDY orders. People can get this “stamp” at your unit commander’s support staff office, but people must get it from the personnel readiness unit if returning from a contingency TDY. This is the only way the finance office will allow people to file your travel vouchers it’s necessary for accountability of all base personnel.

**-- BRIEFS, continued on Page 7**



*Photo by Senior Airman Monte Volk*

## Move 'em out

**The base snow plows stopped traffic on Steen Boulevard Tuesday morning. The 319th Civil Engineer Squadron snow plows had security forces escorts as they rumbled through the streets during their annual snow parade.**

### -- BRIEFS, From Page 5

## Lab services receives accreditation

The 319th Medical Group laboratory services was awarded an accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists, based on the results of a recent on-site inspection.

The laboratory's director was advised of national recognition and congratulated for the excellence of services being provided. The 319th MDG laboratory services is one of the more than 6,000 CAP accredited laboratories nationwide.

The CAP Laboratory Accreditation Program, begun in the early 1960s, is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

Inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the education and qualifications of the total staff, adequacy of the facilities, equipment, laboratory safety and laboratory management to determine how well the laboratory is serving the patients.

The College of American Pathologists is a medical society serving nearly 16,000 physician members and the laboratory community throughout the world. It is the world's largest association composed exclusively of pathologists and is widely consid-

ered the leader in laboratory quality assurance. The CAP is an advocate for high-quality and cost-effective medical care.

## Young artist competition

The Greater Grand Forks Symphony Association announces its annual young artist competition Jan. 11. The application deadline is Dec. 30.

The competition offers musicians two categories. the Elton Lee Barnum Memorial Prize and the Grand Forks Area Young Musician Prize categories.

The Elton Lee barnum Memorial Prize winner receives a \$350 cash award and the opportunity to perform with the Greater Grand Forks Symphony at its concert at the Alerus Center March 15 and 16, and is open to young instrumentalists who live within 150 miles of Grand Forks and under age 22 by the competition date.

The Grand Forks Area Young Musician Prize is open to musicians 18 and younger, living in the Grand Forks metropolitan area. The prize is a scholarship for summer music study.

The competition is held in the Josephine Campbell Recital Hall at Hughes Fine Arts Center at the University of North Dakota and partially sponsored by U.S. bank. Competition finals are open to the public. For details call Donilyn Bergman at (218) 965-4891 or the Greater Grand Forks Symphony office at 777-3359.



# Official issues notice on dietary supplements

By G.W. Pomeroy

Air Force surgeon general public affairs

## BOLLING AIR FORCE BASE, D.C.

– The Air Force’s surgeon general has issued a notice to airmen on the potential risks associated with dietary supplements that contain ephedra, following the death of a young Air Force member in early November.

Medical notices are released by clinical quality management division officials from the Air Force Medical Operations Agency to disseminate lessons learned from medical incident investigations and other pertinent events.

“What we know is that this young man took dietary supplements, including ephedra,” said Royal Air Force Wing Commander (Dr.) Victor Wallace, of the aerospace medicine division at the Air Force Medical Operations Agency.

“Although there was insufficient evidence to be causal, the changes seen in this

young man’s cardiovascular system can be associated with ephedra use.

“The purpose of the (notice) is to ensure that Air Force personnel and their attending medical staff remain alert to the risks and can provide appropriate advice and education,” said Wallace, an RAF exchange officer.

The Air Force surgeon general issued a revised policy covering dietary supplements containing ephedra on Sept. 5 that strongly discouraged the use of such supplements and highlighted associated risk factors.

The revised SG policy was followed by a memorandum from the Air Force Services Agency, which called for services activities to remove such supplements from their resale inventories.

“Since ephedra and its alkaloids have several different names, products should be evaluated by (major command-) and base-level dietitians to ensure all items known to include this herb/ingredient are identified and re-

moved from your operations,” the service’s memo read.

In late August, the Army and Air Force Exchange Service also removed the products from its inventories.

According to a statement issued

by AAFES headquarters officials in Dallas: “Due to health and safety concerns, AAFES has replaced all ‘performance enhancing’ dietary supplements that contain ephedra with ephedra-free products.

All products with ephedra have been removed from AAFES stores, along with those operated by AAFES concessionaires.

Signs have been posted to encourage customers to carefully read the labels of all dietary supplements to help them make informed choices.”

Air Force Surgeon General officials have repeatedly “strongly advised” people to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

“Consultation is especially necessary if an individual has pre-existing medical problems, is taking other medications or exercises vigorously as part of (his or her) occupation or fitness program,” Wallace said.

Such supplements, which include so-called energy boosters, over-the-counter diet pills and bodybuilding drinks or mixes, may pose health and occupational risks even for those not taking other prescribed drugs, Wallace said. Today, at least 20 states and the National Football League are among those who have banned or restricted use of ephedrine products.

## A note about ephedra

*Today, at least 20 states and the National Football League are among those who have banned or restricted use of ephedrine products.*

*Source: Air Force surgeon general*

# AWANA club starts in January

**By Tech. Sgt. Mark E. McKay**  
319th Operations Support Squadron

On Jan. 14 the base's Protestant chapel community will kick off a new program for children of the base children.

Children from ages 3 years old to fifth grade are welcome to join a chapel club for evenings of games, Bible stories and other activities.

The All Workmen Are Not Ashamed, or AWANA, club is 6 to 7:30 p.m. Tuesdays starting Jan. 14 in the Sunflower chapel. Assistants are needed in the program.

The club is an Evangelical Christian pre-school and children's ministry that combines recreational and educational activities. Those activities include age-

level workbooks and achievement awards. Stories, music, and games based on the AWANA game circle are used to teach Evangelical beliefs and the value of working together, in order to compete and have fun.



A summary description of the program's educational content is available at the Prairie Rose chapel administrative offices.

More information may also be obtained at the AWANA Web site at <http://www.awana.org>.

People interested in assisting should call Chaplain (Capt.) Andrew McIntosh at 747-6468 or by e-mail at [andrew.mcintosh@grandforks.af.mil](mailto:andrew.mcintosh@grandforks.af.mil).

A training session will be held Dec. 14 from 9 a.m. to 3 p.m. for assistants.

## CMSAF: Airmen can be impetus for change

**By Staff Sgt. Elaine Aviles**  
39th Wing public affairs

**INCIRLIK AIR BASE, Turkey** – It has been more than 16 years since Chief Master Sgt. of the Air Force Gerald R. Murray has set foot on base, but it only took him a few minutes during a visit here Nov. 24 to notice "a lot has changed."

"I see a lot of changes and improvements," said Murray.

He traveled here with Chief of Staff Gen. John P. Jumper for a whirlwind tour of the base, one of many stops to check on overseas operations and visit troops during the holiday season.

Murray focused his attention on professional development, education benefits and quality-of-life initiatives during a packed enlisted call in the base theater.

"We're serving in one of the most challenging times in history," he said. "The ops tempo is extremely high and military people are making a lot of sacrifices ... but we're also serving at the greatest time. We have a great mission and purpose."

The Air Force's recruiting goals reflect that.

"We're meeting and exceeding all our recruiting goals," Murray said. "So, we're pushing up the bar on our standards."

Recruiters are being more selective, requiring higher test scores and accepting fewer medical waivers. Since recruiting is so successful, many career fields are more than 100-percent manned. As a result, people are having a harder time cross-training; however, there are other avenues to "get a break" from a career field.

"Volunteer for a special-duty assignment," he suggested. "Go teach at your tech school, or become a recruiter or military training instructor. Special-duty assignments are a great way to become a better-rounded airman."

But Murray warned against staying out of a career field for too long.

"Bring back good skills and work hard," he said. "I don't believe in 'square-filling,' but we need to be as skill developed and well-rounded as possible."

Which is why education benefits remain a focal point for him.

He said rumors about a transferable Montgomery G.I. Bill that can be switched over from servicemembers to family members are true, but it has only been implemented on a limited, test-basis.

"We've been given approval to use the transferable G.I. Bill as a retention tool," he said. The initiative is being tested on a one-year basis with three critical career fields -- combat control, intelligence and firefighting.

"Unfortunately, I don't see anything long term that will open it up to the entire force," Murray said. "I would, however, like to see that happen. Our promotion system gives every enlisted person the same opportunities and I would like to see our benefits operate the same way."

He would also like to see another open season for education benefits. "When the Air Force last had an open season, 50,000 people could have converted from (Veterans Educational Assistance Program) to the (Montgomery) G.I. Bill, but only 5,000 people did," he said.



# Assistant fire chief asks people to be safe this holiday season

**By Master Sgt. Richard Lien**  
Assistant fire chief

Traditionally, the holiday season is a time of joy and celebration. All too often, garland and mistletoe are replaced by ash and soot due to a tragic fire.

As part of this year's holiday fire prevention campaign, your fire prevention office would like to offer the following information to help you be safe

### Holiday lights

Make sure all of your decorative lights, both indoor and outdoor, have a label from a reputable testing laboratory. Inspect your lights, and if you find cracked or frayed cords, get rid of them.

Never overload outlets or run extension cords under carpets, across doorways, on or under heaters, through dryer vents, or pinched behind furniture. Always make sure you unplug all decorative lights before you leave your house or go to bed.

Never use electric lights on a metal Christmas tree. You should also plug your lights into a multi-outlet strip or surge protector that has its own circuit breaker.

### Christmas trees

Always choose a fresh Christmas tree. If you are not cutting your tree yourself, make sure you buy one that is not shedding its needles. This is a sign that the tree is already too dry.

Cut the base of your tree trunk at an angle, and put it securely in a large, deep, non-tip stand. Never place your tree so that it blocks your exits, and avoid any potential heat sources. Be sure to water your tree at least daily. If you have an artificial tree, ensure that it is labeled as being flame-retardant.

### Candles

If you light candles as a part of your holiday celebrations, make sure that they are a safe distance from combustible decorations or displays.

Always keep candles away from curtains, and avoid areas such as windows or doorways. Never, ever leave any candle unattended or within the reach of small children. Extinguish candles by wetting the wicks, before you leave a room or go to bed.

### Parties

You should only use flame-retardant or noncombustible materials for costumes and decorations. Provide smokers with large, deep, non-tip ashtrays and, keep an eye on anyone who is drinking and smoking.

Make sure to empty ashtrays often, and wet their contents before dumping them. Before going to bed, check cushions and furniture for smoldering butts.

### Child safety

Keep matches and lighters out of your children's reach, preferably up high and in a locked cabinet. Children are naturally curious, so teach them to stay away from candles, fireplaces and space heaters. Remind them that fire is a tool for adults, not a toy for children.

When buying presents for children, avoid those that could be highly flammable. If in doubt, don't buy it.

Make sure all electric toys bear a fire safety label from an independent testing laboratory. As tempting as it may seem, keep electric toys away from Christmas trees and paper decorations.

### Space heaters

These devices are probably the most dangerous of all items

this time of year.

“What most people don't realize is that heating equipment is the biggest fire culprit December through January, and the third leading cause of fire deaths in American homes,” says the National Fire Protection Association's vice president for public education, Meri-K Appy. “But the heating equipment itself is not our chief concern; rather, human error is involved in nearly all home heating fires in the U.S. — fires that are preventable.”

Before you use any space heater, ask yourself if it is really necessary. Also make sure you contact the appropriate heating technician, to ensure that your heating system is working properly. Only use a heater that has the mark of a reputable testing organization, such as Underwriters Laboratory.

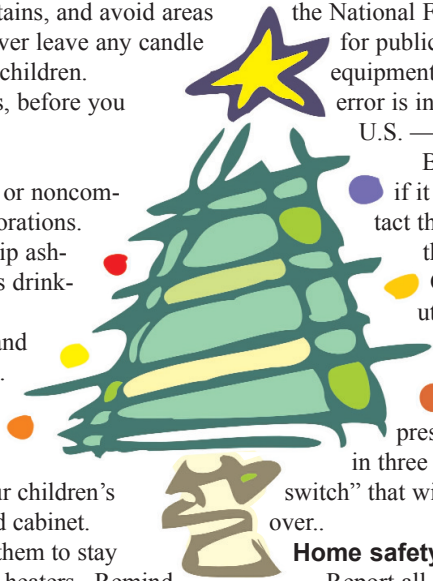
Always make sure that the space heater is used only when responsible adults are present, and that there are no combustibles within three feet. Check to see if the heater has a “tip-switch” that will turn off the power if the unit is tipped over..

### Home safety

Report all fires by dialing 911, no matter how insignificant they may seem. Make sure your smoke detector is working properly and your family has practiced a home escape plan. Let all members of the household know that fire prevention is everyone's responsibility.

For details on fire prevention and fire safety, call the fire prevention office at 747-4174.

*Additional data provided by the National Fire Protection Association.*



# Community

## Today

### FRIDAYS AT LIBERTY SQUARE

Open Skating at Liberty Square tonight for ages 6-18 from 6 to 10 p.m. The cost is only \$3 for admission and \$2 for skate rental.

The Teen Center at Liberty Square will be open tonight for ages 13 to 18 from 6 to 11 p.m.

### DANCING AT THE CLUB

Come out to the Club tonight from 10 p.m. to 3 a.m. and dance to Club Mix music with “DJ “C.”

## Saturday

### PRETEEN VIDEO NIGHT

The Youth Center is holding a Preteen “Video Night” for ages 6 to 12, from 7 to 9 p.m. Cost is \$1, popcorn included.

### THE CLUB

Today is the last day for all members to fill out an “I Got Carded” entry slip. You may receive a slip for showing your club card at any services location for a chance to win cash prizes.

### KARAOKE AT THE CLUB

Come out to the club tonight from 10 p.m. to 3 a.m. for karaoke.

## Sunday

### SUPER SUNDAY BRUNCH

The club is having Super Sunday Brunch today from 10:30 a.m. to 1:30 p.m. Come and enjoy 2 meats, biscuits and gravy, eggs, fruit, waffles, omelets and more. The next Sunday Brunch is Dec 15.

## Monday

### NATIONAL FINE ARTS EXHIBIT

Boys and Girls Clubs of America) The local exhibit will be Dec 2 - 4 at the Youth Center.

### CHRISTMAS CARD HOLDER

The skills development center offers a Christmas Card Holder Workshop on today from 10 a.m. to 4 p.m. Cost is \$15 plus supplies. Have a place to put your holiday cards this year.

Sign up today at the skills development center or call, 747-3482.

### LOCAL SHOPPING TRIPS

Let Outdoor Recreation take you busy moms to Columbia Mall Monday. They will depart at 9 a.m. from the Community

Activity Center and return by 3 p.m. Cost is \$5, transportation only (infants, toddlers & pre-school children ride free).

Sign up by today; need five paid participants to go.

For those of you who can not make this trip, there will be trips Dec. 5, 10 and 12. Sign up for trips is one day prior.

### CANDY BINGO

Every Monday for ages 6 - 12 from 5:30 to 6:30 p.m. at the Youth Center.

## Tuesday

### THE CLUB

The club offers free pool in the sports bar every Tuesday.

## Wednesday

### ANNUAL TREE LIGHTING & HOLIDAY CARD CONTEST

Light up the Holidays. The tree lighting ceremony takes place at the base library at 4:30 p.m.; the Annual Cookie Contest at the Base Library, 747-3046, and the Annual Holiday Card Contest with the skills development center, 747-3482.

### EVENING DINING AT THE CLUB

The “Frontier Grill” menu is offered every Wednesday, Thursday and Friday from 5:30 to 8 p.m. at the club.

Wednesday nights are half price starters and Thursday nights the kid’s menu is half price.

## Upcoming

### SKILLS DEVELOPMENT CENTER

**Holiday Framing:** The cut-off date to place holiday framing orders will be Dec. 13.

**Holiday Hours:** Closes noon Dec. 24, closed Dec 25, and Jan 1.

**Holiday Print Sale:** Take 20 percent off selected prints and framed art work.

### HOLIDAY PARTIES

Need help planning your holiday party? Let the Club help do this: call Anne at the Club 747-3392. Members First – receive a 10 percent discount when you book your holiday party on a Monday through Thursday.

Also, new members who sign up from September to December 2002 pay no dues until January 2003.

### YMCA ART CONTEST 2003

This 9th annual art contest is in support of “Military Family Month” and sponsored

by Armed Services YMCA. Students K-6 of military families can enter. Thirteen savings bonds will be awarded.

Entries must be turned in to the youth center by January 20, 2003. Call the youth center; 747-3150 for complete rules and regulations

### TAKE TIME FOR YOURSELF

The Community Activity Center now offers a new service. We have contracted a massage therapist who will be available Wednesday and Thursday evenings and Friday mornings. Fees are \$25 for a 30-minute session and \$50 for a one hour session. To schedule an appointment contact the community activity center at 747-6104

### YOU MAY BE ELIGIBLE FOR FREE EXTENDED DUTY CHILD CARE

Air Force people returning from overseas deployments supporting Operation Enduring Freedom and working extended hours may be eligible for free child-care. Contact the Grand Forks AFB Family Child Care Office at 747-3158 to see if you are eligible.

The Extended Duty Child Care Program assists military families working extended hours by increasing the hours of care available in Air Force licensed Family Child Care Homes.

This program provides services beyond the standard 50 hours of care that families are already purchasing in child care programs on or off base. This care is provided free of charge in contracted family child care homes on base.

### NEW YEAR’S EVE DINNER

Come have New Year’s Eve dinner at the club. All ranks can choose from a 6 or 8 p.m. meal for \$12.95, includes Prime Rib or Jumbo Shrimp, baked potato, vegetable, roll and salad.

Members First receive \$2 off. There will also be New Years Eve dance starting at 9 p.m. and going until 2 a.m. Cost is \$5 per person, Members First receives a \$3 discount, includes party favors and champagne toast at Midnight. No reservations required.

### INSTRUCTORS NEEDED

The youth center is looking for a piano and a guitar instructor; both are for instrumental and orchestra instruments. If interested call 747-3150.

### MORE EVENTS

To get daily updates on all events and to see newly added items, log on to the services website at [www.gf-services.com](http://www.gf-services.com).



# Annual base tree lighting set for Wednesday

**By Staff Sgt. Scott T. Sturkol**  
Public affairs

In celebration of the holiday season, the 319th Services Squadron is hosting the annual base tree lighting ceremony at 4:30 p.m. Wednesday at the base library.

The base community is invited to attend and listen to holiday music, enjoy some goodies, spend time with other community members, and participate in the holiday card and cookie contests.

Additionally, as part of this annual celebration, the skills development center conducts the holiday card contest, said Elaine Robbins, skills development center director. To enter, design a holiday greeting card, using any medium, on a 32-by-40-inch foam board, which is available for free at the skills development center.



*File photo*  
**Giant unit or family greeting cards, such as this one by the 912th Air Refueling Squadron made in 2001, will be on display at the ceremony.**

Cards can be entered in the squadron or family categories (one entry per squadron, one entry per family). Squadron name or family name must appear in the design. Cards will be displayed at the tree lighting and prizes will be awarded to the top three in each category.

Cards are due to the base library by Tuesday. Pick up an entry form and foam board at the skills development center. Call them at 747-3482 for details.

Both youth and adults can participate in the library's annual cookie contest. Judging takes place Wednesday. Each person entering should bring a dozen cookies to the library by 1 p.m.

A copy of the recipe needs to be turned in at the library by Tuesday. All recipes turned in by the deadline, will be printed in a cookie recipe book, which will be available at the tree lighting ceremony. Prizes will be awarded in both the youth and adult categories.

Call the library at 747-3046 for details.



*Photo by Staff Sgt. Scott T. Sturkol*  
**Col. Jeffrey Kaloostian and children flick the switch for the base holiday tree in the 2001 ceremony.**

## Tree harvest planned at wildlife refuge

**By Staff Sgt. Scott T. Sturkol**  
Public affairs

The Rydell National Wildlife Refuge near Erskine, Minn., will have its fifth annual Christmas tree harvest Dec. 7 and 8 from 10 a.m. to 3 p.m. each day.

The Friends of the National Wildlife Refuge, the group that puts on the harvest, asks for a \$10 donation for each tree taken.

According to Rick Julian, refuge manager for the United States Fish and Wildlife Service, the harvest allows for people to cut down their own Christmas tree.

"It's a wonderful opportunity for the family to do something in the great outdoors," he said. "It's an experience similar to days of old."

Only a severe snow storm will cancel this event, Julian said.

"When you come, you can bring your own handsaw – no chainsaws – or use one of the many saws that will be available to cut your own tree," he said.

Julian said there are plenty trees to choose from and all of them are spruce.

"The refuge office will be open to warm up in and cookies, hot cocoa, cider and coffee will be served," Julian said. "Volunteers and Fish and Wildlife Service staff will be on hand to orient you to the field where the trees will be harvested and assist with tree removal and tie-down."

"The reduction of the conifer stands is part of the management goal of the refuge," Julian said. "Eventually these stands

will be replaced by native tallgrass prairie and maple and basswood forest as restoration of pre-settlement flora is pursued."

During the winter months the visitor center at the refuge is open Sundays from 1 to 5 p.m. Trails are open for wildlife viewing while hiking, cross-country skiing and snowshoeing.



*Photo by Staff Sgt. Scott T. Sturkol*  
**Base members load trees during the 2001 harvest at Rydell National Wildlife Refuge in Minnesota.**

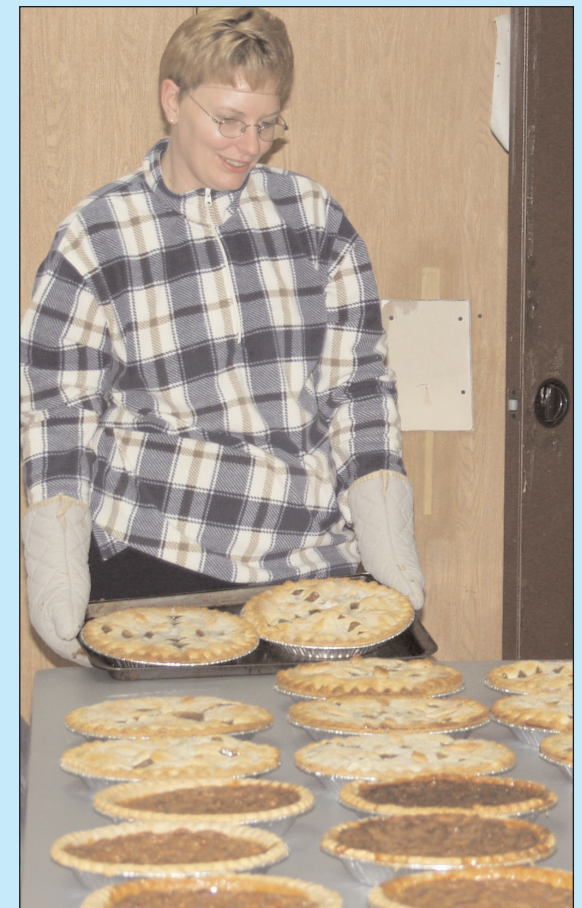
The refuge is located in the Prairie Pothole Region of northwestern Minnesota between the flat Red River Valley flood plain on the west and the rolling hardwood forest and lake region on the east. The refuge has a broad expanse of old road as the area was once home to over 20 family homesteads. An historic ox cart trail passes through a portion of the refuge.

"The refuge itself is a unique mixture of habitats located in this transition zone consisting primarily of prairie grassland, prairie wetlands and maple basswood hardwood forest," Julian said.

"More than 100 species of song birds and waterfowl (breeding and migratory), and a rich mix of resident wildlife are present on the area."

The refuge is located in Polk County, Minn., south of U. S. Highway 2. To get to the Refuge go 3 miles east of Mentor or 3 miles west of Erskine on U.S. Highway 2 and turn south on Polk County Highway 210. Follow 210 about 2 ½ miles south to the main refuge gate. If arriving from the south, turn north off of Polk County Highway 41 onto 210 and go about 3 ½ miles north to the refuge entrance.

Call Julian at (218) 687-2229 for details about the tree harvest or about Rydell NWR.



*Photos by Staff Sgt. Scott T. Sturkol*

### Pie-baking for charity

**Mary Bucher, ESC president, sets down another couple of pies for cooling. The ESC made pies top sell at donation Wednesday. The money raised was for scholarships.**





File photo

**Master Sgt. Rick Hamrick, 319th Logistics Readiness Squadron, carries boxes of prepared potatoes during the potato sale fundraiser in 2001. They are having a potato fund raiser again this year.**

# Open house gives families chance to meet, greet

**By Staff Sgt. Scott T. Sturkol**  
Public affairs

The base family support center opens its doors for its 14th annual open house Wednesday from 2 to 4 p.m.

“This year, our focus or theme is on the families of deployed people,” said Dr. Earl Beal, FSC director.

The open house is for everyone, however, Beal said he would like as many family members of deployed people as possible come in and see what the FSC has to offer. More importantly, he said, people should come and “meet and greet” with other Air Force families.

“Considering what’s going on in the world today, supporting family members of deployed people is imperative,” Beal said. “I know that not all of them know what we can do for them, so this is a chance for them to

see who we are, the work that we do, and that we’re here to help them if they need it.”

Santa will be at the open house for family members to get pictures with, Beal said. It’ll be early enough for families to get the pictures and send them to their deployed loved ones.

“Getting a photo with Santa is free of charge,” Beal said. “However, sitting together during the holidays and knowing you’re not alone is worth the trip to the FSC.”

The FSC first started doing open houses in 1988, Beal said. At the time, there was also a six-plex base housing fire that completely destroyed the units and left six families displaced right before the holidays.

“That year we got many donations for the displaced families,” Beal said. “Since then, the December open house has been a mainstay.”

Beal emphasizes the importance of the FSC to the base community – the entire community – and the services it has available to all.

“We embrace everyone who is a part of our military community,” Beal said. “There is no discriminating in helping people. A common misconception is that we only serve families. However, single, married, retired, or civilian employees all are welcome and are considered a part of our community.”

Beal added, “We’re here with work-life consultants, the Air Force Aid Society, relocation assistance and more. This open house is a chance for you to come in and see all the people who make up this wonderfully supportive community. See you Thursday.”

always have extra and people can pick up boxes of spuds when the truck comes in Thursday,” Flickinger said.

Flickinger said many organizations on and off base support the Warmheart fund.

“Besides the Top Three, we also receive donations from base groups such as spouse’s groups and those associated with the chapel,” Flickinger said. “We get some of our biggest contributions from groups in the local communities such as the Veterans of Foreign Wars post and also from local businesses. Most recently we had a business donate more than \$1,000.”

Families who receive Warmheart donations are selected on a nomination basis, Flickinger said. A lot of times, they don’t even know they’re getting it.

“People are selected by a nomination by supervisors, flight chiefs, first sergeants, and other people,” Flickinger said. “Each case is looked into and a determination is made as to who is eligible.”

So why the name change? Flickinger said it was mostly to reflect what the program offers.

“We gave out turkeys at Thanksgiving and we’ll provide checks to recipients for Christmas,” Flickinger said. “But the program doesn’t end there. We brought back the name Operation Warmheart because the program provides help throughout the whole year.”

Operation Warmheart is always there when there are people in need, Flickinger said.

“That’s what it’s for – so we can take care of our own,” he said.

For details on what Oper-ation Warmheart offers or in supporting one of the fundraisers, contact a unit first sergeant.

# Organizations support Operation Warmheart

**By Staff Sgt. Scott T. Sturkol**  
Public affairs

Formerly known as Operation White Christmas, Operation Warmheart fundraisers are in full swing, raising money for their yearly charity donations.

Operation Warmheart, a first sergeant-sponsored program, assists base families in need throughout the year.

One of the biggest contributors to Operation Warmheart, the base’s Top Three, currently has a bowl-a-thon fundraiser planned.

The bowl-a-thon is set for 1 to 4 p.m. Wednesday in the base bowling center, said Master Sgt. Don Dufner, one of the coordinators for the event.

“We are limited to a maximum of 20 teams of four or five people,” Dufner said. “Bowlers do not have to be Top Three members, and anyone can form a team. Bowlers can request pledges based on either a per-pin system, or a flat rate donation.”

Last years bowl-a-thon raised more than \$2,900 for base families in need, said co-coordinator Master Sgt. Gregory Amelsberg, with the lead team raising nearly \$1,000 alone.

“Lets see if we can top last year’s donation and assist our fellow service members and their families,” Amelsberg said.

The base First Sergeants Council is holding a potato sale allows for people to buy 20-plus pound boxes of prepared potatoes for \$5 each, said Master Sgt. Kevin Flickinger, Operation Warmheart chairman and 319th Security Forces Squadron first sergeant.

Order sheets for buying potatoes are available with any first sergeant.

“Orders can be taken through Wednesday, however we

## Holiday money saving tips

### Plan

- Create a written plan for holiday spending and gift giving at least a month in advance. Include possible gifts, dollar amounts and alternative choices.
- Establish spending limits for gifts for each person on your list and start looking for bargains early.
- If it has been a challenging year financially, you need to shrink your holiday gift list. Begin by talking with those you exchange gifts with and explain, perhaps suggesting not exchanging gifts or mutually observing much lower dollar-limits on gifts.

### Spend smartly

- Wait for those sales! Increased food and energy costs this year could bite into holiday sales, so sales and clearances could come earlier than usual.
- Watch the sale flyers for items you intend to buy.
- Ask retailer when the items you are interested in buying are coming on sale. Most retailers will reveal sale dates because they don’t want you to shop their competition.
- Sometimes shopping later in the season (for smaller gifts, wrapping and accessories, etc.) will allow you to take advantage of clearance sales. It will often yield lower prices over-all. If holiday sales are sluggish, discounts and clearance sales will appear earlier this season.
- Liquidators, buying clubs and factory outlet stores usually offer lower prices.
- Save on holiday greeting cards and postage by sending only to those in your life you won’t see over the holidays.

### Do’s and Don’ts

- Spend cash and avoid using credit cards. Charge cards tend to promote indiscriminate spending. Credit card users often say they had no idea how much they spent on the holidays until the credit card bills arrive in January or February of the next year.
- Writing checks can get out of hand, especially when you fail to record each check or calculate the balance after writing a check, often resulting in over-spending.
- Consider gifts that don’t cost cash. Giving a card to a young family, which entitles them to emergency baby-sitting time, will result in savings for both families. Laundry or shirt ironing for a bachelor, a bi-monthly sight-seeing outing or gardening, house-cleaning and car washes for grandparents are useful and often much-needed gifts.
- If considering a part-time job over the holidays, perhaps working for a department store or other major retailer, you could economize with an employee discount in addition to getting early information about upcoming sales.

### Gift alternatives

- Giving gifts to adults on New Year’s Day is very special. You can really take advantage of all those after Christmas sales.
- At office parties and other holiday functions where you might be asked to provide a gift, suggest that instead of gifts, bring canned food for the disadvantaged.
- Make more of your gifts at home. Bake a loaf of bread, cookies, desserts, etc. are always appreciated, also art, crafts, needle work or a collage of photographs.
- Instead of giving money, especially to younger children, give U.S. savings bonds. They cost one half of the face value, will not be immediately spent, they encourage savings, and because they are interest bearing and tax-free until redemption, the gift keeps on giving.

Source: Family support center

# Don’t go broke this holiday season

The holiday season can be a spending spree beyond a person’s or a family’s budget. That’s why it’s a good idea to practice some common sense when doing your holiday shopping.

Look over your current monthly budget and payday spending plans, determine how much you can afford to spend.

Once you have figured out how much you can spend, make a gift-giving list and set a dollar amount by each name. This will help keep you within your budget.

Try to pay for everything with cash. You’ll be more careful when you see the money disappearing from your wallet.

If you use credit cards, try to use just one rather than several. Carry an index card, with the total amount you want to spend. As you charge, subtract the amount with the total. By keeping all of your charges on one (or two) cards, psychologically you’ll be less likely to overspend.

Some stores defer billing for holiday purchases. A few won’t charge interest during the deferment period. This is a good deal if you set aside money in order to pay for your purchase in full then.

Buying gifts for all family members and friends can become very expensive.

**Get people what they really want or need.** Keep a gift notebook current during the year to help remind you.

**Cut back on the number of toys you give children.** If you have ever seen kids whip through several gifts without focusing on a single one, you



Photo by Staff Sgt. Randy Roughton

**Judy Box, a work-life consultant at the family support center, talks with a customer about a holiday spending plan. Each group on base has a work-life consultant assigned to it.**

know that more isn’t necessarily better.

Have them make out a list and rate their preferences. Get them their most wanted gift and supplement it with smaller items. Keep in mind, children age two and younger will not know the difference if they received one gift or 10 gifts.

**Always shop with a list.** Organize the list by category rather than person. That way, you won’t criss-cross back

and fourth between department stores. The less time you spend in stores, the less money you will spend.

For each military member and family member in the military community, a work-life consultant is available at the family support center to help you with budgeting, offer ideas and offer other help if needed.

For details call 747-3241. Source: Family support center

# Five steps to defeat holiday loneliness

It’s normal for military members to spend holidays alone and far from home.

Findings from Air Force research can help military personnel and civilians.

“We tell people the first thing we want them to know is they can make it through the holidays alone,” said Dr. Earl Beal, family support center director.

Beal offers five steps to help. The steps are compiled through research and experience in dealing with matters where people feel alone.

**1. Avoid major changes if you can.** “There’s a tendency when we’re stressed or down and out to go out and make some life-altering change.

We may make radical changes that may not be in our best interest.”

**2. Keep or develop friendships.** “We can do that long distance,” he said. “Even though it hurts to leave family and friends behind, not corresponding will not take the hurt away. Calling or writing will make you feel better.

**3. Continue family traditions.** “We may not have family traditions we carried on at home,” he said. “Many family traditions can be done away from home, and people may find someone from the same area to share.”

**4. Be part of the community.** Beal said, “you don’t have to be a

social butterfly to be interactive in the community. Involvement in activities, such as a hockey game or New Year’s celebration can help someone feel a part of the area.”

**5. Seek help.** Beal said, “you need to be able to feel comfortable. Just a book may help you feel better or talking to clergy, a friend or professionals.”

The family support center also has a card with a list of agencies and people you can call for support and encouragement when down and out.

Unit first sergeants also help work with those who are deployed throughout the holidays.

“They’re a lifeline in getting troops involved,” Beal said.



---

## Heir Force

---

**Kade Jason Powasnik**, 6-pound, 14.7-ounce, 19-inch boy born Oct. 22 to Georgia and Staff Sgt. Jason Powasnik, 319th Maintenance Squadron.

**Marquise Andrew Coaxum**, 7-pound, 6-ounce, 20-inch boy born Oct. 27 to Staff Sgt. Kiki Hinton, 319th Logistics Readiness Squadron, and Airman 1st Class Marlon Coaxum, 319th Civil Engineer Squadron.

**Kylee Victoria Eatmon**, 6-pound, 1.6-ounce, 18 1/4-inch girl born Oct. 25 to Christine and Senior Airman Jamey Eatmon, 319th Civil Engineer Squadron.

**Donovan Nickolas DiMaria**, 7-pound, 5.9-ounce, 19-inch boy born Oct. 24 to Tara and Airman 1st Class Dennis DiMaria, 319th Aircraft Maintenance Squadron.

**Stella Grace Holt**, 6-pound, 11-ounce, 19-inch girl born Oct. 24 to Theresa and Staff Sgt. Michael Holt, 319th Aircraft Maintenance Squadron.

**Nyla Jenae Minter**, 6-pound, 15.1-ounce, 20-inch girl born Oct. 23 to Jvonne and Staff Sgt. Tywund Minter, 319th Security Forces Squadron.

**Dylan Kevin Jeffreys**, 5-pound, 9-ounce, 18-inch boy born Oct. 9 to Marissa Lee and Staff Sgt. Joshua Kevin Jeffreys, 319th Civil Engineer Squadron.

**Tyler Jeffrey Untermeyer**, 8-pound, 2-ounce, 21-inch boy born Oct. 19 to Amy Jo and Staff Sgt. Jeffrey Glenn Untermeyer, 319th Maintenance Squadron.

**Lauren Elizabeth Gordley**, 7-pound, 8.4-ounce, 20 ½-inch girl

born Nov. 11 to Monica Ann and Capt. David Gordley, 319<sup>th</sup> Aero medical Dental Squadron.

**Tyler Mason Jennings**, 9-pound, 22-inch boy born Nov. 8 to Amy Jo and Staff Sgt. Jason Jennings, 319<sup>th</sup> Aircraft Maintenance Squadron.

**ElijahYagoda**, 7-pound, 14.8-ounce 19 1/2 –inch boy born Nov. 12 to Shannon and Senior Airman Jeremy Yagoda, 319<sup>th</sup> Mission Support Squadron.

**Abrianna Alexis Crask**, 8-pound, 10.5-ounce 20 1/2-inch girl born Nov. 12 to Crystal Marie and Tech. Sgt. (Ret.) Allan Crask.

**Koraleigh Alysabeth Pinaula-Toves**, 8-pound, 2-ounce, 20-inch girl born Nov. 6 to Rebecca and Staff Sgt. Bryant-Jay Toves, 319<sup>th</sup>

Operation Support Squadron.

**Ethan Nathaniel Carr**, 6-pound, 3-ouce, 19 ½-inch boy born Nov. 5 to Airman 1<sup>st</sup> Class Julie, 319<sup>th</sup> Maintenance Squadron, and Benjamin Carr.

**Quiyani Rayjean Joseph**, 6-pound, 9-ounce, 19-inch girl born Nov. 2 to Staff Sgt. Shonita Joseph, 319<sup>th</sup> Air Refueling Wing Command Post.

**Rachel Hope Kelly McIntosh**, 8-pound 1-ouce, 21-inch girl born Oct. 31 to Susan and Chaplain (Capt.) Andrew McIntosh, 319<sup>th</sup> Air Refueling Wing Chapel.

**Taylor Dolores Link**, 7-pound, 14-ounce, 20 ½-inch girl born Oct. 27 to Jessica and Senior Airman Scott Link, 319<sup>th</sup> Aircraft Maintenance Squadron.

# Base theater

Today, 7 p.m.

*White Oleander (PG-13)*

Ingrid Magnussen (Michelle Pfeiffer) is sentenced to life in prison for poisoning her ex-boyfriend after he cheats on her. This leaves her daughter, Astrid (Alison Lohman), in a series of homes with various foster mothers (including women played by Robin Wright Penn and Renée Zellweger). Astrid has to learn to balance her relationship with her jailed mother and her relationships with the new parental figures in her life.

Saturday, 3 p.m.

*Jonah: A VeggieTales Movie (G)*

Bob the Tomato, Larry the Cucumber, and other talking animated vegetables tell the Biblical story of Jonah in the first big-screen film from the creators of the VeggieTales series.

Saturday, 7 p.m.

*Knockaround Guys (R)*

Four sons (Vin Diesel, Seth Green, Barry Pepper, Andrew Davoli) of well-known Brooklyn gangsters (Dennis Hopper, John Malkovich) feel like they're not getting a chance to do real gangster work. Tired of being mere errand boys, they convince their crime lord elders to finally give them a shot at the big time.

**Tickets: \$1.50 children, \$3 adults**  
**For details, call 747-3021/6123.**

# Base chapel

**CATHOLIC:**

**Mass:** 5 p.m. Saturday, 9 a.m. Sunday.

**Pray the Rosary:** 11:30 a.m., Sunflower Chapel, Mondays through Fridays

**CCD:** 10:45 a.m. Sunday, Twining Elementary School

**Reconciliation:** 4 p.m. Saturday, 8:30 a.m. Sunday, or by appointment, Sunflower Chapel

**Christmas Choir/Band practice:** 1 p.m. Sunday, Sunflower Chapel

**PROTESTANT:**

**Traditional Protestant worship:** 10:30 a.m. Sunday, Sunflower Chapel.

**Liturgical worship:** 10:30 a.m. Sunday, Prairie Rose Chapel.

**Contemporary worship:** 6 p.m. Sunday, Prairie Rose Chapel

**Singles:** 6 p.m. Friday, meet at Prairie Rose Chapel annex

**Youth:** 4 p.m. Sunday, meet at youth center

**Religious Education:** 9 a.m. Sunday, Eielson Elementary School.

**Men of the Chapel:** noon Monday, Prairie Rose conference room

**Advent Family Night:** 5 p.m. Sunday, Eielson Elementary School.

**Children’s Christmas Program:** 7 p.m. Dec. 14, Sunflower Chapel

**JEWISH:**

For details call Sheila Farquharson at 594-3960 or Synagogue B’nai Israel at 775-5124.

**RUSSIAN/EASTERN ORTHODOX:**

For details call Dr. Levitov 780-6540.

**MUSLIM, BUDDHIST, OTHER:**

For details call 747-5673.



# Surrounding Area Events

**Today through December 24**

**Santa Village**  
Rheault Farm, Fargo, ND  
Village features Santa Claus, reindeer and sleigh rides  
(701) 241-8160

**Sunday through March 30**  
**Snowcross Snowmobile Racing**  
Devils Lake, ND  
(701) 398-3383

**Sunday**  
**Christmas Craft Show**  
Jamestown Civic Center, Jamestown, ND  
(701) 252-4830

**Tuesday and Wednesday**  
**North Dakota Ag Show**  
Fargodome, Fargo, ND  
Regional exhibits (701) 282-9432

**Dec. 6 to 8**  
**North Star Classic**  
North Dakota Winter Show Building, Valley City, ND  
Livestock show and sale (701) 845-1401

**Dec. 6**  
**Lights on Broadway**  
Bismarck, Bismarck, ND  
Holiday lights parade (701) 223-1958

**Dec. 7**  
**Parade of Lights**  
Grand Forks  
Parade of lighted floats 746-2709

**Dec. 7 - 21**  
**Bottineau Christmas Center**  
Main Street, Bottineau, ND  
Each Saturday from 11 a.m. to 4 p.m.  
(701) 228-3849

**Dec. 12 to 14**  
**Renaissance Feast**  
An invitation to the castle of the Lord of the Manor for a Christmas celebration feast at Minot State University Student Union Conference Center, Minot ND  
Social - 6 p.m., performance at 7 p.m.  
(701) 852-3736

**Dec. 31**  
**First Night Greater Grand Forks**  
Non-alcoholic New Year's eve celebration in downtown Grand Forks  
Noon to midnight  
746-2709

## Grand Forks Events

### Today

**CHRISTMAS IN THE PARK**  
Christmas in the Park from 6 to 10 p.m. at the Grand Forks Greenway, along Lincoln Drive. Come and see over 40 holiday lighting displays from area businesses and organizations. The event is sponsored by local area Lions Club; proceeds go to various local charities. There will be a small fee to view the displays (\$5 for cars; \$10 for limousines and \$20 for buses).  
For details call Melanie at 746-2733 or Earl Alberts at 772-5206.

**FESTIVAL OF TREES**  
Festival of Trees at the Grand Cities Mall. Local businesses decorate trees with the sales of going to benefit the Grand Forks LISTEN Center. For details call 746-7840.

**BODY OF CLAY: SOUL FIRE**  
Body of Clay: Soul Fire at the North Dakota museum of art from 9 a.m. to 5 p.m. Twenty pieces of pottery by Richard Bresnahan, 32 pieces produced from 1984 to 2000 by the Jerome Foundation Emerging Artists program, and 12 pieces from 1983 to 2001 by the Grotto Foundation Apprentices. Curated by Matthew Welsh, Minneapolis Institute of the Arts curatorial staff. Exhibit runs through Jan. 12. For details call 777-4195.

**WORKS BY MARIA MAGDALENA CAMPOS-PONS**  
Recent works by Maria Magdalena Campos-Pons from 9 a.m. to 5 p.m. at the North Dakota Museum of Art. This Cuban-born, Boston-based artist combines elements of sculpture, painting, photography, performance, and video work to explore her African/Cuban roots and to explore themes of gender, race, family and history. The artist's life and work involve a continuous engagement with her mother, sisters, family, and neighbors in Cuba. By extension, her work also refers to the generations of Africans transported in centuries past to work on sugarcane and tobacco plantations. Exhibit runs through Jan. 5. For details call 777-4195.

### Saturday

**ONE-ACT PLAYS**  
An Evening of One-Act Plays at 7:30 p.m. at Firehall Theatre Saturday. For details call 777-4090.

### Thursday

**CHRISTMAS PAGEANT**  
The Best Christmas Pageant Ever at 7:30 p.m. at the Red River High School Theater.  
This hilarious story concerns the efforts of a woman and her husband to put on the annual church Christmas pageant despite having the most inventively awful kids in the history of the world.  
A funny and heartwarming story for the entire family. Tickets are \$5 for adults and \$3 for students/seniors. For details call 746-241.

**ENGLISH CHRISTMASSE FEASTE**  
Ye Olde English Christmasse Feaste at 7 p.m. at Chester Fritz Auditorium.

Hear Ye! Hear Ye! Ye Lordes and Ladies! Join the Royal Court on ye Chester Fritz stage to celebrate thee delightful Elizabethan Christmas Madrigal Dinner. Use your fingers to fill your belly as you experience a novel and unique evening of wonderful music, colorful costumes, and period elegant Elizabethan dining traditions of yesteryear. Presented by the UND Music Department. Vegetarian entree, available upon request with your ticket order. For details call 777-2644.

### Upcoming

**SHAKESPEAERE**  
Shakespeare In Love by Jon Dorf at 7:30 p.m. in the Burness Lab Theatre. For details call 777-2587.  
**WINTER WONDERLAND**  
Winter Wonderland 12, Dec. 7, Downtown Grand Cities. Winter Wonderland offers an old-fashioned holiday celebration for the entire family.  
Highlights include: strolling carolers, sleigh rides, an Elves' Shop, community-tree decorating, build-your-own snowman, ice skating at Town Square, children's story-time and much, much more. The day will culminate in the popular Parade of Lights at 6 p.m., held on our quaint downtown streets. For details call (218) 791-8333

**OL FASHIONED CHRISTMAS**  
An Ol Fashioned Christmas Festival Dec. 8, at Heritage Village. Fun for the whole family including caroling and refreshments. For details call (218) 773-0406.

**BENEFIT SHOW**  
Barbershop Holiday Food Cupboard Benefit Show Dec. 8, at 2 and 4:30 p.m. at the Empire Arts Center. Holiday songs will be performed by the Valley Chordsmen and Twin Forks Sweet Adelines, with help from the Middle School choir.  
Admission is a non-perishable food item. For details call 772-541.

**PRO MUSICA CONCERT**  
Pro Musica Concert Dec. 12, at 7:30 p.m. at the First Presbyterian Church. Aeolian-Skinner organ recital I with Michael Olson. For details call 777-2644.

**NUTCRACKER BALLET**  
Nutcracker Ballet Dec. 13, at 7:30 p.m. at the Chester Fritz Auditorium. The Ronn Guidi Foundation for the Performing Arts with the North Dakota Ballet Company present "The Nutcracker 2002." Choreographed and directed by Ronn Guidi, Founding Artistic Director of the Oakland Ballet.  
Area dancers, along with special guest artists from the professional dance world perform ths beloved holiday classic danced to the familiar melodies of composer Peter Tchaikovsky. Join us for this holiday tradition - a "Nutcracker" that will touch the hearts of the entire family. For details call 777-4090.

**EVENTS LISTING**  
For information and more events happening in the local area, logon to the Visit Grand Forks website at [www.grandforkscvb.org/pages/calendar](http://www.grandforkscvb.org/pages/calendar).



# Native American performers entertain, teach



*Photos by Staff Sgt. Scott T. Sturkol*

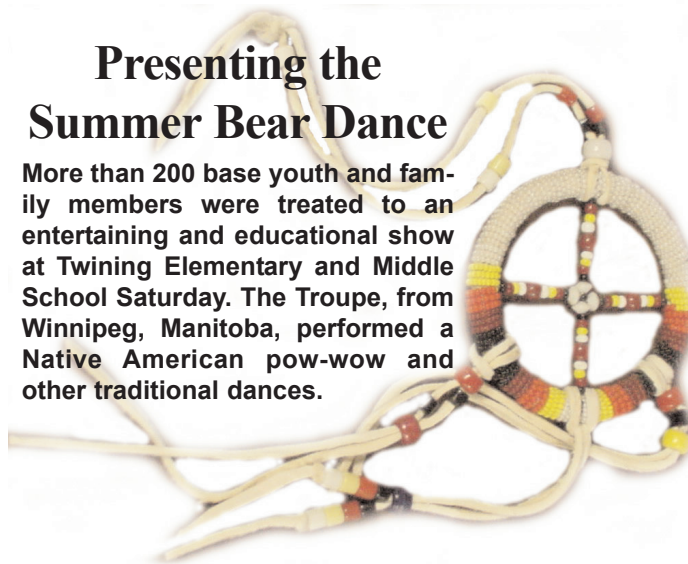
**A member of the Summer Bear Dance Troupe dazzled the audience with his hoop dance.**



**Audience members watch as the troupe performs Saturday.**

## Presenting the Summer Bear Dance

More than 200 base youth and family members were treated to an entertaining and educational show at Twining Elementary and Middle School Saturday. The Troupe, from Winnipeg, Manitoba, performed a Native American pow-wow and other traditional dances.



**The Summer Bear Dance Troupe encouraged audience participation as they performed the snake dance.**



**A troupe member performs the harvest dance.**



# Base hockey team skates into new season

By Staff Sgt. Scott T. Sturkol  
Public affairs

While the base hockey team may not give the Detroit Red Wings a run for their money, they are ready for some fun on ice every Wednesday when they lace up their skates for another go-around with area intramural hockey teams.

“We play every Wednesday night at either Eagles or Blue Line Arena in Grand Forks,” said forward and assistant coach Roy Fountain. “When we play, we skate our hearts out and have a great time doing it.”

The team currently has 31 players on the roster, Fountain said, with a few new players and a lot of return players. Fountain said some of the best players on the team, however, are goalie John Moes and center Todd Larson.

“Moes is like the Dominik Hasek or Martin Brodeur of our league,” Fountain said. “He’s the talk of all the teams, and he’s a lot of the reason we stay in a lot of games.

“Todd is one of our top scorers – he really knows how to move the puck around the ice and create scoring opportunities,” Fountain said.

Jesse Carlson, a defenseman on the team, said this year’s squad is more experienced and should play well.

“This year we’re still a young team, but we’ve had a number of folks return,” he said. “The returning players now have that chemistry and it helps us play better on the ice. We still go out every week and give it everything we have.”

Carlson and Fountain both said the team, just like a year ago, has to deal with a lot of people deploying, which in turn forces the squad to play with different players from week to week at times.

“With people on duty elsewhere, and with other things, we have some challenges we’ll need to work through,” Carlson said.

## Hockey team wins second game

The Grand Forks Air Force Base “Warriors” hockey team moved to 1-1 on the season with a 2-0 shutout victory over Caufield Studios Nov. 20 at Eagles Arena in Grand Forks.

“This was the first shutout for our stellar goalie John Moes,” said Jesse Carlson, a defenseman on the team. “It’s quite a feat considering it was only our second game of the season, and he had to face two penalty shots during the game as well. No doubt about it – he’s good.”

Goals were scored by Adam Marshall with an assist to Roy Fountain, and the second goal went to Kevin Greim on a penalty shot.

“We had a great fan turnout and appreciate it very much,” Carlson said. “Fans are always great to have.”

The Warriors played Kelly’s Bar Wednesday night, however as of press time no results were available. The team’s next game is Wednesday at 8:15 p.m. in Eagles arena against El Roco.

*Source: Base hockey team*

“Our biggest problem is just having the people available” said Fountain. “When everyone’s here, we have a strong team.”

Many of the players dedication seems to come from their love of the game. For Carlson, who grew up with hockey all around him in Cokato, Minn., playing hockey for the base team gives him a chance to get more involved in a sport he missed being a part of in recent years.

“This game has been a part of my life since I was 4 years old,” Carlson said. “Hockey has always played some part in my life. When I got to Grand Forks, I got another opportunity to get involved in the game.”

For Fountain, a native of Niagara Falls, N.Y., he’s playing on the base team because of his desire.

“I love the sport,” Fountain said. “Growing up, I always followed hockey and it was always a part of my life. Being here, I get a chance to fulfill a desire I’ve always had to play the game.”

This season is only Fountain’s third season of organized hockey. He said even though the team is not the most experienced, they will continue to get better.

“Once all the guys get more used to playing with each other, I know we’ll be better,” Fountain said. “In the meantime, we’ll continue to have fun.”

Carlson said “fun” in the optimum word for any team member. “We wouldn’t do this if we weren’t having fun. Our guys always want more ice time and a chance to work on getting better.”

The team is also fun to watch, according to Susan Long who makes the weekly trek to their games.

“There’s a lot of action at these games, and to watch them skate around is like watching art on ice,” Long said. “I also had to duck once when a stray puck was headed my way during a game.”

The team plays all its games in Grand Forks, however Long said they are out to be good representatives of the base.

“We should all get out and support them,” Long said. “We should give back to them for their effort to represent us.”

Besides playing in the league that continues well into March, Fountain said the team will travel to Minot Air Force Base for games Dec. 7 and 8, and the Minot team will visit here Jan. 17 and 18.

“We’re also trying to form an armed forces tournament for next year with teams from Ellsworth Air Force Base (S.D.), Hill Air Force Base (Utah), and other teams in the region,” Fountain said.

Anyone interested in playing on the base hockey team or for more information, call Carlson at 747-4129, coach Larson at 747-4680, or Fountain at 747-6976.

# Fitness center expands programs, conveniences

By Staff Sgt. Randy Roughton  
Public affairs

A new fit-and-fun room, yoga class and social area have joined the continually growing list of programs and conveniences available at the base fitness center.

The fit-and-fun room, which replaced the child share care area in the new field house, provides an area for parents to work out on cardiovascular equipment while supervising their own children, fitness center director Jim Powell said. The room, located in the south side of the gym adjacent to the rock climbing wall, is for children ages 2 to 10.

“This is an area for folks with the little ones to get a good cardiovascular workout and physically observe their own children in the same room,” Powell said.

More than 200 people have used the fit-and-fun room in the two months it’s been available, he said. The room is available any time the fitness center is open. To use the room, customers sign out a key at the front desk.

Also new is the social area, located near the climbing wall. This area is designed to give patrons a more relaxed place to talk with friends. Powell said he hopes to add a women’s VIP room in the near future.

The main basketball court closed this week for 30 to 45 days while the floor is being replaced. But the fitness center’s exercise pro-

grams alone should be enough to keep base members occupied during the winter.

The center offers an introduction to fitness class at noon each Sunday, with aerobics classes such as step, power pace and cardio kick throughout the work week at 11:45 a.m. and 5:30 p.m. A new boot camp program is offered at 11:45 a.m. Friday, as well as a progressive stretch and abdominals class at the same time.

Yoga is the most recent addition to the fitness center’s exercise program. The class, taught by Kathleen Barrett, has been averaging 10 to 12 people per class for the last month. Classes are offered from 6 to 7 a.m. Monday, Wednesday and Friday.

“I think for avid exercisers today, their exercise appetites are somewhat different than they used to be,” Powell said. “Yoga is completely different from everything else that’s out there. It’s a step away from aerobics.

“Yoga is just a more relaxing form of exercise.”

Because almost the entire fitness center staff will be deployed, National Guard members will serve as gym staff throughout the next month.

“With the exception of one or two of our folks, we will be staffed almost entirely by the Guard,” Powell said. “We just ask our customers to realize that and be patient with us. We may not have personal trainers or trained staff available for some of our programs during this time.”

## Shorts

### SKI & SHOP

Sign up by today for these upcoming trips from outdoor recreation. Ski Trip to Buena Vista on Sat. Dec 7, call for prices.

Winnipeg Christmas Holiday Trip: depart ODR at 8 am and return same evening. Cost is \$15 per adult, \$8 children 12 and under accompanied by an adult.

### OUTDOOR RECREATION

**Today** – Muzzleloader (deer) season opens

**Ice Fishing Equipment:** Let ODR supply all your ice fishing needs. We have 2 and 4 – person Frabill portable ice shanties, 10” Jiffy ice augers, portable sunflower – type propane heaters and assorted ice fishing equipment.

**Ski Equipment:** We have purchased

brand new downhill Rossignol “Stage 2” shape skis with “Axium” bindings and cross-country Rossignol “Glade Runner” touring skis and X-6 boots. The season is upon us so come let ODR fit you for all your skiing needs.

**Ski Resort Information:** There are 6 downhill ski resort areas within a 3 ½ hour drive from the base. All these offer reasonable rates for lift tickets, and the skiing is decent. We have all the information you’ll need to get there, and up-to-date conditions on all the areas.

### FLOOR HOCKEY REGISTRATION

Today through Dec. 15 is floor hockey registration at the youth center. Cost is \$30 per child, ages 5 and up, and a current sports physical is required. Coaches are also needed.